

Virgin Pulse Webinar Descriptions

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Diabetes

Diabetes Prevention Webinar

This webinar will briefly give an overview of diabetes, who can get it, what factors increase your risk, how to understand the difference between hyper/hypo glycaemia is and maybe most importantly, how your family members and friends can help in preventing or managing the condition. We'll also cover some simple steps you can take with you and use right away!

Diabetes Series 1 – Power of Choice

Discover why diabetes is gaining speed in today's world by listening to this webinar. You will also discuss diabetes myths and facts, define pre-diabetes and introduce you to the Power of Choice.

Diabetes Series 2 – Power of Choice

In this second series, the webinar discussion will be focused on identify risk factors, recognize signs and symptoms of diabetes, introduce appropriate tools to assess your risk and determine where you stand and what resources to use next.

Diabetes Series 3 – Power of Choice

In this series, the discussion will identify what lifestyle habits increase your diabetes risk, recognize common roadblocks to success, use our Power of Choice to overcome roadblocks and choose your first small step.

Diabetes Series 4– Power of Choice

In the last series, we will discuss how to balance blood sugar long term, examine the power of support, summarize the series and determine next steps.

Diabetes Prevention Series

All About Diabetes

Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. Blood sugar is your main source of energy and comes from the food you eat. This webinar will explain what diabetes is, how common is it, the different types of diabetes, what is pre-diabetes, long term health effects, symptoms, how insulin works, risk factors, test to detect diabetes and ways to lower your risk for Type 2 diabetes.

Coping with Triggers

15-30% of people with prediabetes will develop Type 2 diabetes within 5 years. If left unchecked, diabetes can lead to heart disease and stroke, blindness, nerve damage and kidney disease. Learning to cope with your triggers can help you with your eating and activity goals so you can prevent or delay Type 2 diabetes. In this webinar, we will define triggers, discuss strategies to cope with your triggers, come up with an action plan and share resources for additional support.

Eat Well to Prevent Diabetes

This webinar will help you understand meal planning, diets, and eating patterns. You will also learn about healthy foods to choose for meal planning, understand internal hunger and external hunger to know your eating patterns, and you will learn how to make the best meal plan for you.

Eating Well Away from Home

Over one third of the US dollars is spent on eating out services. Eating out even just one meal away from home can translate into gaining two pounds per year. The challenges of eating away from home will be discussed on this webinar along with strategies for eating well at restaurants and social gatherings. You will also learn tips for eating well while traveling.

Diabetes Prevention Series (continued)

Get Support to Prevent Diabetes

This webinar will discuss the importance of preventing diabetes, plus answering the question of how social support helps prevent Type 2 diabetes, along with exploring where to get support from your community.

Managing Stress to Prevent Diabetes

Stress is your body's response to change so in this webinar we will discuss what stress is and what are the signs of stress. We will explore the link between stress and Type 2 diabetes, coping strategies for managing stress and tips for living a more relaxed life.

Shop and Cook to Prevent Diabetes

Healthy eating starts with healthy shopping. Following a healthy meal plan helps balance blood sugar. In this webinar we will discuss grocery shopping tips for buying healthy foods, tips for healthy eating on a budget, how to reduce risk of Type 2 diabetes with healthy foods, healthy cooking tips and quick meal staples. Plus you will learn and develop your own strategies for grocery shopping and cooking for health. \

Sleeping Well to Prevent Diabetes

What you eat, what you weigh, and how much you move can affect your risk of developing Type 2 diabetes. Did you know that sleep habits can play a role, too? Sleep deprivation is an often overlooked but a significant risk factor for Type 2 diabetes. From this webinar, you will learn why sleep matters, challenges of getting enough sleep and coping methods.

Staying Active to Prevent Diabetes

There are many benefits of exercise as it lowers your risk of getting Type 2 diabetes. The webinar will discuss the benefits of getting active, creative ways to get active, and a chance to move together as a group.

Staying Motivated to Prevent Diabetes

In this webinar we will discuss the importance of preventing diabetes, reflection, celebrating your success, and how to cope with challenges.

Staying on Track during the Holidays

Controlling food options at holiday gatherings is tough, so consider these strategies in this webinar. You will learn how to make a "holiday-proof" plan, outsmart party buffets, enjoy a few favorites, find some holiday tweaks, reminder tips to move more, and sleep tips to use during the holiday season.

General Well-Being

Balancing your Wellbeing

Wellbeing is much more than having a healthy body. Wellbeing is about thriving, not just surviving. It is not about being perfect, but finding your balance wherever you are. On this webinar, we will define wellbeing and energy management, learn how to assess your own wellbeing and hear how to develop a personalized strategy and plan.

Energy Management

Energy management can be a challenge in today's world where time is limited, stress levels are on the rise and energy levels are low. In this webinar, participants will learn how sleep, food, stress and exercise can affect energy levels in both positive and negative ways.

Know Your Numbers

Blood pressure, BMI, Cholesterol, Blood Sugar....What do all of these numbers mean? It can be easy to get lost in medical jargon, but having a base level of health literacy can help! In this webinar, participants will learn about various health metrics and the recommended ranges for each.

Lifestyle Choices

This webinar provides 6 health tips to address now for a better tomorrow. Participants will learn many lifestyle recommendations that can add up to profound changes in our lifestyle habits and ultimately help us achieve optimal health, one small step at a time.

Men's Health

Men's Health Month in June heightens the awareness of preventable health problems and encourages early detection and treatment of disease among men and boys. This webinar will discuss the importance of eating healthy, getting active and learn ways to make prevention a priority.

Mental Health

Strong mental health refers to the presence of positive characteristics, rather than the absence of mental illnesses. It is more than just being free from depression, anxiety or other psychological issues. It influences how you think, feel, and behave every day. It affects how you cope with stress, overcome and recover from challenges, and build relationships. This webinar will discuss mental health versus mental illness, why mental health is so important, know the warning signs, ways to boost your mental health, dispelling myths on mental illness and where to find resources and support.

Women's Health

Daily decisions influence overall health. Small actions can help keep you safe and healthy and set a good example for others. In this webinar, you will learn ways to make prevention a priority especially when it comes to cancer screenings and ways to protect your skin. Learn about when to get your recommended health screenings and immunizations. There will also be a discussion about ways to practice healthy behaviors.

Healthy Eating

Eating Healthy – Cookouts and Summer Potlucks

Parties and potlucks are a fun way to spend time with friends, families, and coworkers. In this webinar you will learn tips on how to make healthy food and beverage choices, how to be mindful and with amounts and types of foods, and discuss food safety recommendations.

Emotional Eating

Why do we turn to food when feeling stressed or down? Negative emotions may lead to a feeling of emptiness or void. Many of us use food to feel better, relieve stress, and cope with sadness or even boredom. Uncontrolled stress can lead you to turn to food for emotional relief. Food is believed to create a false feeling of full or temporary wholeness. This webinar will identify your causes and triggers, find alternatives to avoid emotional eating, and tips to practice regarding mindful eating.

Healthy Eating Made Simple

Healthy eating is not about strict dietary limitations, staying unrealistically thin, or depriving yourself of the foods you love. Rather, it's about feeling great, having more energy, improving your health and boosting your mood. If you feel overwhelmed by all the conflicting nutrition and diet advice out there, you're not alone. This webinar will provide an overview of a healthy diet, nutrient-rich foods, a balanced eating pattern, and steps to apply a healthy balanced eating plan.

Healthy Holidays

Ready to spread some holiday cheer? With many upcoming celebrations centered around large meals and sweets, this time of year can make it challenging for healthy choices. Small tweaks to the holiday planning can help keep the festivities healthy and happy. This webinar explores how to enjoy the holiday season without spoiling your health and wellness goals. Participants will learn the importance of realistic goal setting, strategies around nutrition and physical activity, and ideas for meal makeovers.

Intermittent Fasting

The idea of fasting isn't actually a new trend. It has been going on for years! Research has been done on animals to study fasting. It is an eating pattern that cycles between periods of fasting and eating. It helps you focus on *when* you eat rather than *what* you eat. This presentation will explain the health benefits of fasting, side effects, the different types of fasting, and safety.

Ketogenic Diet

The Ketogenic diet is considered a therapeutic diet for specific indications, and it can be very beneficial for those indications; however, a healthy approach to this diet is still evolving and we still don't know a whole lot about long-term use. The intent of this training is to provide education in order to better support our consumers asking about this diet. This webinar will discuss the history of the Ketogenic Diet, what does a Ketogenic diet look like, what are the positive impacts, potential health considerations, and long term health implications.

Meal Planning and Prep

Tired of last minute dinner planning that often leads to fast food or complaints from the family? Mastering meal planning and prep can save you both time and money! In addition to learning about the benefits of meal planning and prep, participants of this webinar will walk away with helpful tools and resources to make healthy choice the easy choice.

Micronutrients

Nutrition is how food affects the health of the body. Food is essential –it provides vital nutrients for survival, and helps the body function and stay healthy. In this webinar, you will learn more about how food supplies micronutrients (vitamins and minerals) to serve a variety of critical functions to ensure that bodies operate at an optimal level.

Healthy Eating (continued)

Mindful Eating

Mindfulness is quite a buzzword of late, but have you heard of mindful eating? This 60 minute webinar explores the differences between the need to eat and the desire to eat. Participants will learn the benefits of mindful eating in addition to developing personal strategies that can help navigate true hunger and emotional hunger as a part of your healthy goals.

Nutrition Labels 101

Is what you are eating food or a lab experiment? Recognizing food ingredients and understanding Nutrition Facts labels can lead to healthier food choices. In this 60 minute webinar, participants will learn how to make sense of food labels in addition to tips on interpreting the meaning behind popular food package claims.

Perfect Your Plate

In this webinar, you will be introduced to MyPlate – a tool to help improve the health and balance of our food choices. You will learn how to select the right foods for you, discover how to portion your plate, and personalize your plate according to your lifestyle.

Heart Health

Love Your Heart: 10 Tips to a Healthier Heart

Heart disease is responsible for 40% of all deaths in the United States, which is more than all forms of cancer combined. In addition to providing education on the cardiovascular system, this webinar will empower participants to make small lifestyle modifications that impact one's risk for developing heart disease.

Miscellaneous

Breaking Through Burnout

Burnout is a state of emotional, physical, and mental exhaustion caused by excessive and prolonged stress. It is a gradual process but it can creep up on you. The signs and symptoms are subtle at first, but become worse as time goes on. In this presentation, you will learn the signs and symptoms of burnout, the difference between stress and burnout, and find ways to take action to overcome the physical and emotional damage that burnout can cause.

Breast Cancer and Prostate Cancer

This webinar will provide an overview of breast and prostate cancer statistics, symptoms, risk factors and screenings. The presenter will also provide lifestyle recommendations for cancer risk reduction.

Caregiver Stress and Burnout

A caregiver is someone who provides care for a person who needs extra help with medical or personal needs. It is typically someone with a chronic illness, disabling condition, or is an older adult who cannot care for themselves. About 40% of caretakers felt emotionally stressed, 20% said it caused financial problems, and 20% felt physically strained. As a caregiver it's easy to feel stuck in a role you didn't expect, or helpless to change things. You may not be able to get extra time, money or physical assistance, but you CAN get more happiness and hope. Learn the signs of burnout how to avoid it in this webinar. Also you will learn that you are not powerless and we will discuss ways you can get help.

Coach Webinar

Learn how health coaching can help you in this webinar. We will discuss what is health coaching, our coaching approach, real world coaching examples, and how to schedule your first coaching session.

Miscellaneous (continued)

Complementary and Alternative Medicine

We've all seen the words "complementary", "alternative", and "integrative", but what do they really mean? This presentation will be defining what complementary and alternative medicine is, practices and products of complementary and alternative medicine, also known as CAM, and how you can take charge of your health by being an informed consumer.

Elements of Fun – Making Time for Play

Play allows us to relieve stress and keeps us feeling young. Play also helps us develop and improve social skills. Encouraging time for play at work and at home can boost productivity and innovation. This webinar will offer you a variety of fun and engaging activities that you can incorporate into your work day with co-workers and also at home with your family and friends.

Ergonomics

Ergonomics is the study of how your body interacts with your environment when you perform a task or activity. No matter what the job is, the goal is to make sure that you are safe, comfortable and less prone to work-related injuries. In this webinar, you will learn the importance of good posture – how to sit and stand correctly, how to correctly set up your workstation, and preventative care tips and recommendations.

Goal Setting

The process of thinking about your own personal goals is very intentional – it helps you to identify what matters most to you, creates accountability, and gets you motivated to live your happiest, healthiest life. In this webinar, you will discuss why we set goals, where to start, explore motivation, define SMART small-steps, and finish with how to explore support and overcome barriers.

Healthy Bones

The human body has 206 bones! Our bones provide a framework for our body, protect our organs, anchor muscles, store minerals and produce blood cells. In this webinar, you will learn about why healthy bones are important, what affects bone health, and how to have and keep healthy bones.

Laughter is Medicine

Laughter controls your brain and makes you smile! Studies show when we see someone laugh, the premotor cortical region of the brain, which prepares the muscles in the face to move, is activated. This webinar will discuss the short term and long term benefits of laughter, and discuss ways to cultivate laughter.

Menopause: Hot Flashes to Hormones

In this webinar, you will learn and discuss menopause basics, common menopause experiences, and long-term health risks associated with menopause. The presenter will also review treatment options and lifestyle factors that can support menopause symptoms.

Supplements

Supplements are intended to supplement the diet. This webinar will discuss health claims and FDA regulations, labeling and type of supplements – vitamins/minerals, specialty supplements, herbals/botanicals, sports nutrition and weight management, and hormone based supplements. The presenter will conclude the presentation by discussing frequently asked questions related to supplements.

Tips for Healthy Holidays

Many of us overeat from Thanksgiving to New Year's (or the Super Bowl!). Average weight gain is approximately 1 lb. Weight gain is often not reversed and adds up over time. Many of us use the holidays as an excuse to get out of control with our eating or for our lack of exercise. In this webinar we will discuss ways to stay healthy through the holidays, make a holiday game plan, and learn simple recipe swaps.

Pain

Aches and Pains

Pain is associated with a wide range of injury and disease. Nearly 25.3 million Americans suffer from daily pain – that's 11.2% of us. In this webinar, we will discuss the difference between acute and chronic pain, some common cause of pain, and provide you with tips to help prevent and alleviate pain.

Mind Over Pain

Pain is associated with a wide range of injury and disease - 25.3 million American adults suffer from daily pain – that's 11.2% of us. We will discuss in this webinar the definition of pain, the differences between acute and chronic pain, and common causes of pain and tips to help prevent pain and alleviate it.

On Your Feet

Your feet are your body's shock absorbers – approximately one-quarter of all the bones in the human body are in your feet. In this webinar, you will learn of common foot injuries, how to prevent foot injuries, and how to find proper footwear.

Physical Activity

Benefits of Strength Training

Strength training is an activity requiring resistance to cause muscles to contract with the expectation of increases in strength, tone, mass, or endurance. Strength training includes using resistance bands, weight machines, body weight exercises, or lifting dumbbells. The presenter will discuss the benefits of strength training, define reps and sets, injury prevention, free weights versus weight machines.

Fitting in Fitness

In this webinar, you will learn about the benefits and recommendations for exercise. Participants will also learn how to measure exercise intensity, how to set SMART exercise goals, and how to overcome setbacks.

Get Fit Don't Sit

Research has proven that U.S. adults are sedentary for about 6-8 hours/day. In this webinar, we will review posture, sedentary lifestyle facts and its effects on our health and body. Participants will also discover strategies of how to be more active at work and at home.

HITT Webinar

What is HITT? High Intensity Interval Training. It is training that alternates speed and recover intervals to increase the intensity of the workout.. HIIT can be used by everyone! You don't need to be an athlete. In this webinar, you will learn the basics of HITT, how to build a HITT workout and the safety precautions.

Simply Move

One of the hurdles that gets in the way of starting a physical activity routine is the perception that exercise is an exhausting chore. This webinar will debunk some myths surrounding physical activity and provide concrete tools to help participants move more. We will explore creative and exciting ways to fit in fitness.

Stretching for Better Health

Think of a professional athlete – do they hit the field without warming up? Although our daily tasks may not require the efforts of an Olympian, we are indeed occupational athletes and our bodies deserve to be prepped for the day. If you were to treat your day as an athletic event, how would you prepare? Flexibility and mobility are a great way to take care of your body and reduce your risk for injury. In this webinar, participants will learn the benefits of stretching how to do it safely, and leave with some tips on how to fit stretching into their day.

Sleep

Tired of Being Sleepy: The Truth about Quality Rest

Sufficient sleep is not a luxury – it is a necessity – and should be thought of as a “vital sign” of good health. The way you feel while you’re awake depends in part on what happens while you’re sleeping. While sleeping, your body is repairing tissues, consolidating your memory, releasing hormones that regulate growth and appetite, restoring energy and boosting the immune system. In this webinar, participants will learn about the importance of sleep, the consequences due to lack of sleep, strategies to optimize their sleep routine.

Stress

Building Resiliency

Resilience is the ability to rebound from a setback or challenge – the ability to adapt in the face of adversity, trauma, tragedy, or stress. In this webinar, participants will learn about resiliency (what it is and what it is not), discuss the benefits of having resiliency/effects of not having resilience, and learn strategies to cultivate resilience.

My Mindful Day

Are you feeling scattered? Overwhelmed? Anxious? Like your mind is on a million different things all at once? How is this affecting your life right now? Being more mindful throughout your day can help you overcome life’s stressors. We will discuss in this presentation what mindfulness is, the benefits, and share simple practices you can use daily.

Stress Care

Stress is your body’s response to change. Stress can be both positive and negative, depending on the type of reaction to the stress. The key is to manage your stress appropriately. This presentation will do a deeper dive into what is stress, the causes and signs of stress, coping techniques for living a more relaxed life. You will also learn stress and eating habits and ways to prevent stress eating.

Stress Management 101 – Work Life Balance

Work-Life Balance can be defined in many ways based on the individual but having work-life balance can allow the ability to stay productive and competitive at work while maintain a happy, healthy home life. It allows us to have breathing space for ourselves each and every day. In this webinar, participants will have the opportunity to assess their work-life balance, identify consequences of an imbalanced lifestyle, discuss strategies to improve balance, and set next steps to establish work-life balance.

Stretched Too Thin

Everyone experiences stress from time to time. Some people may cope with stress more effectively or recover from stressful events more quickly than others. Individuals experiencing chronic stress may struggle significantly in their daily functioning. In this webinar, participants will learn types of stress (physical, cognitive, emotional), discuss the stress cycle, and learn strategies to develop and build resilience when experiencing stress.

Workplace Mindfulness

Mindfulness is our ability to control our thoughts and be present, or in the moment. In this webinar, we will discuss why mindfulness is important, discover the benefits of mindfulness and learn simple techniques to practice mindfulness – both at home and at work!

Tobacco Cessation

Time to Quit

Quitting smoking is not an easy thing to do! We all know that tobacco use can lead to nicotine dependence and serious health problems. The good news is that tobacco cessation can significantly reduce the risk of suffering from smoking-related diseases. Smokers can and do quit smoking. In fact, today there are more former smokers than current smokers. This 45 minute webinar will support those that are contemplating a quit date.

Weight Management

Weight Management as a Family

Getting healthy as a family has been shown to have many benefits. In this webinar participants will learn why family health is important, discuss benefits of engaging in healthy choices as a family, learn simple steps you can take as a family to reduce risks of obesity and chronic disease, and discuss how to overcome obstacles to achieving family health.

Calorie Reduction for Weight Loss

Have you decided to lose weight? If so, it's time to start moving more and eating less. Knowing how many calories your body burns in a day can help you estimate how many calories to aim for to lose weight. In this webinar, you will learn about how to fuel your body with appropriate macronutrients, totally daily energy expenditure, resting metabolic rate, tips to jumpstart your metabolism, and tools you can use to support your weight loss journey.